metro
NEW YORK CITY NO. 1 FREE DAILY IN THE
Monday, May 6, 2019 metro.us | t: MetroNewYork | f: MetroNewYork

'RECLAIMING OUR POWER'

"The Pleasure Is Mine" is about women talking sex and pleasure. 12

GETTY IMAGES

Is being single a new global trend? 14-15

Isles picking up pieces after elimination. 19

Mon. June 17th
THE CITY UNIVERSITY OF NEW YORK
Master's & Doctoral Fair
Make your Graduate School dream a reality. Explore the graduate degree opportunities at CUNY by attending this Fair!
RSVP: cuny.edu/grad
P: 646.664.3550
CUNY

RUSSIAN AIR TRAGEDY

At least 41 people were killed after a passenger plane crash-landed at a Moscow airport. 4

ALL GETTY IMAGES

CUNY Master's & Doctoral Fair
Mon. June 17
Attend this fair to speak with admissions professionals from CUNY's 15 graduate schools to learn about our various program options, admissions requirements, curriculum, financial aid options and much more!
RSVP: bit.ly/CUNYGradEvents | P: 646.664.3550 | E: grad@cuny.edu
CUNY

8 THINGS TO KNOW

Metro's Weather Report

NOAA-NATIONAL WEATHER SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
72° | 53°	77° | 50°	64° | 53°	58° | 55°	66° | 53°
Mostly Sunny	Mostly Sunny then Chance T-storms	Partly Sunny	Mostly Cloudy	Chance of rain.

Fake mews? Confusion over cat at Thai king's coronation ceremony

King Maha Vajiralongkorn's three-day coronation cost roughly $31.4 million.

Sixteen men carried Thailand's King Maha Vajiralongkorn during his three-day coronation. REUTERS

Animal lovers in Thailand were thrown into confusion on Sunday over whether a Siamese cat presented to the newly crowned Thai king and his queen was a living feline — or not.

Thailand is holding three days of coronation events for King Maha Vajiralongkorn, 66, who was officially crowned on Saturday in elaborate ceremonies.

It is tradition at royal coronations to present a cat — as well as several symbolic household items — to a new monarch as part of the private Assumption of the Royal Residence blessing ceremony, which was held on Saturday at the Chakrabat Biman residence.

Cats are considered lucky by many Thais and the tradition of giving one as a housewarming gift signifies a stable home.

On Sunday morning, several Thai media outlets carried a photo of two uniformed palace officials next to what appeared to be a docile Siamese cat and a fluffy white rooster. The image, distributed by the Bureau of the Royal Household, was not captioned.

But by afternoon, the Thai-language news site Manager was reporting that the palace had used a "cat doll" instead of a live cat.

A palace official, contacted by Reuters, said: "The royal ceremony required the use of a rooster and a cat. It should not be the focus whether the animals were real or not, but instead the ritual itself is important."

Reuters was unable to independently confirm whether live animals were used in the ceremony or the photograph.

A Facebook page Maewthai.com — "ThaiCat.com" — posted a copy of the palace photo with a message from a well-known cat breeder saying he originally had been asked to select two gentle male Siamese cats for the ceremony but his cats were ultimately not used.

"I feel grateful for His Majesty's kindness for feeling compassionate about the cats, fearing that the animal would suffer from waiting too long during ceremonies, so the cats were not used," said the breeder, whose post did not identify him by name.

The breeder did not directly address whether the cat in the palace photo was a doll.

That ambiguity confused some Thais who posted comments online.

"So is it real or fake cat?" a Facebook user called Niphawan Rakpontee asked.

Another user named Krittaya Parichayanan said, "It's a real cat isn't it?"

"This is likely a stuffed cat," user Prapaporn Tongprasan said.

Thailand has strict lese majeste laws carrying prison sentences of up to 15 years for insulting the king, queen or the heir-apparent.

Historical images of the 1926 coronation of King Rama VII, the current monarch's great-uncle, show a group photo with female members of the royal family holding both a Siamese cat — a breed that originated in Thailand — as well as a rooster.

The tradition of using cats in royal household ceremonies dates back centuries, said historian and writer Sujane Kanparit.

"The meaning of having a cat is that it brings warmth to the household. It is an old court tradition that has appeared in the royal chronicles," he told Reuters.

Asked if the cat in the palace photo was alive or a doll, Sujane said: "I have no idea." REUTERS

Trump says Mueller should not testify on Russia probe

2 President Donald Trump on Sunday said Special Counsel Robert Mueller should not testify in Congress about the investigation into Russian interference in the 2016 presidential election. Trump said on Twitter that Democrats in Congress were seeking a "redo" of Mueller's report, which declined to conclude whether the president's efforts to impede the investigation constituted obstruction of justice. "Bob Mueller should not testify. No redos for the Dems!" Trump tweeted. The Mueller report chronicled Russian efforts to help Trump win election in 2016 but found that Trump and his campaign did not engage in a criminal conspiracy with Moscow. Trump has derided the investigation as a costly "witch hunt" and sought to characterize the report's findings as a victory. The House Judiciary Committee appears closest to arranging for Mueller to testify, possibly as soon as May 15. REUTERS

Cyprus police find 5th victim of suspected serial killer

3 Police in Cyprus found a body in a lake on Sunday that they believe to be the fifth victim of a suspected serial killer who preyed on foreign women for almost three years without detection. Divers retrieved the body, which some reports suggested was that of a child, from a lake west of the capital Nicosia, the same location where a woman was found dead in a submerged suitcase a week ago. "A body has been found decomposed. It is not identifiable and is being taken to the mortuary now for further inquiries," a police official said. The latest body was also in a suitcase, another official on the scene said. A 35-year-old career army captain has been in custody since late April on suspicion of killing five adult women and the young daughters of two of the victims. The semi-official Cyprus News Agency reported that police believed the body in the suitcase was that of a child. REUTERS

metro Sweepstakes
Sign up today, and you could win tomorrow!
Enter for a chance to win a 30-day Unlimited Ride MetroCard.

Enter today's code on **Metro.us/winstuff**
Find today's code inside!
Your next ride can be on us!

If You Can Compost Here, You Can Compost Anywhere.

New Yorkers are turning food and yard waste into compost, which enriches our soils and reduces our greenhouse gas emissions.

Put food scraps into your NYC Organics bin or bring them to a drop-off site.

Let's make compost, not trash!

nyc.gov/organics | call 311

NYCsanitation • NYCzerowaste

Text **CompostNYC** to **474747** for updates on composting in NYC!*

**Msg and data rates may apply.*

US Composting Council® CompostingCouncil.org

Composting Council® Research & Education Foundation CompostFoundation.org

NEW YORK CITY DEPARTMENT OF SANITATION

sanitation

At least 41 killed after Russian plane crash-lands in Moscow

Survivors claim a lightning strike may have caused the disaster.

REUTERS

Forty-one people on board a Russian Aeroflot passenger plane were killed on Sunday, including two children, after the aircraft caught fire as it made a bumpy emergency landing at a Moscow airport, Russian investigators said.

Television footage showed the Sukhoi Superjet 100 crash bouncing along the tarmac at Moscow's Sheremetyevo airport before the rear part of the plane suddenly burst into flames.

Many passengers on board SU 1492 then escaped via the plane's emergency slides that inflated after the hard landing.

The plane, which had been flying from Moscow to the northern Russian city of Murmansk, had been carrying 73 passengers and five crew members, Russia's aviation watchdog said.

Svetlana Petrenko, a spokeswoman for Russia's Investigative Committee, said in a statement that only 37 out of 78 people on board had survived, meaning 41 people had lost their lives.

No official cause had been given for the disaster.

The Investigative Committee said it had opened an investigation and was looking into whether the pilots had breached air safety rules.

Some passengers blamed bad weather and lightning.

"We took off and then lightning struck the plane," the Komsomolskaya Pravda daily cited one surviving passenger, Pyotr Egorov, as saying.

"The plane turned back and there was a hard landing. We were so scared, we almost lost consciousness. The plane jumped down the landing strip like a grasshopper and then caught fire on the ground."

State TV broadcast mobile phone footage shot by another passenger in which people could be heard screaming.

President Vladimir Putin and Prime Minister Dmitry Medvedev expressed their condolences and ordered investigators to establish what had happened.

The Interfax news agency cited an unnamed "informed source" as saying the evacuation of the plane had been delayed by some passengers insisting on collecting their hand luggage first.

Russian news agencies reported that injured passengers were being treated in hospitals.

DEBRIS IN THE ENGINES

The Flightradar24 tracking service showed that the plane had circled twice over Moscow before making an emergency landing after just under 30 minutes in the air.

The plane's undercarriage gave way on impact and its engines caught fire.

Interfax cited a source as saying the plane had only succeeded making an emergency landing on the second attempt and that some of the aircraft's systems had then failed.

The emergency landing was so hard that debris had found its way into the engines, sparking a fire that swiftly engulfed the rear of the fuselage, the same source said. REUTERS

~~WHY DO YOU LOOK LIKE THAT?~~
YOU LOOK UPSET. DO YOU WANT TO TALK?
I'M QUESTIONING WHO I AM.
THANKS FOR NOTICING THAT I NEEDED TO TALK. TALKING HELPS.
CHOOSE THE BEST WORDS
TAKE THE FREE
MENTAL HEALTH FIRST AID COURSE.
LEARN TO SUPPORT THOSE WHO NEED HELP.
Sign up at nyc.gov/mhfa
Thrive NYC | NYC Health | Mental Health First Aid

EARN YOUR GRADUATE DEGREE AT CUNY

15
GRADUATE SCHOOLS

$23K
AVERAGE TUITION

800+
DEGREE PROGRAMS

CUNY THE CITY UNIVERSITY OF NEW YORK

cuny.edu/gradschool

REUTERS

Cohen's new prison features matzo ball soup and full-time rabbi

Trump's former attorney is scheduled to head to prison on Monday.

With a menu that includes matzo ball soup and gefilte fish, as well as a full-time rabbi and a chance at the occasional visit home, the U.S. prison where Donald Trump's former personal lawyer will spend the next three years is unique in the federal system.

Michael Cohen is due to report to the Federal Correctional Institute in Otisville, New York, about 70 miles northwest of New York City, on Monday.

The 52-year-old Cohen will be housed in dorm-like accommodations at the facility's minimum-security camp, which prison consultants say has become a destination for Jewish inmates due to its proximity to New York City's Jewish and upstate New York's Orthodox Jewish enclaves.

"He's going to what I like to refer to as 'Jewish heaven,'" said Larry Levine, founder of Wall Street Prison Consultants, who served a 10-year prison sentence that ended in 2007 for racketeering and other crimes.

Cohen, who once said he would "take a bullet" for Trump, was sentenced in December for orchestrating payments to pornographic film star Stormy Daniels and former Playboy model Karen McDougal shortly before the 2016 U.S. presidential election. Cohen said Trump directed the payments.

Trump, who has denied the affairs, said he never directed Cohen to do anything illegal.

Cohen received a three-year prison term for the payments and unrelated financial crimes.

At Cohen's sentencing hearing, his lawyer at the time, Guy Petrillo, asked that Cohen be sent to Otisville but did not give a reason for the request. Petrillo could not be reached for comment on the choice of prison.

Jack Donson, a former manager at the prison who now runs a prison consulting firm, said the camp was "a great place for white-collar Jewish guys."

Unlike most federal prisons, which periodically bring in part-time "contract rabbis," Otisville has a full-time rabbi, Levine said.

The federal Bureau of Prisons said in an email that only four of the more than 100 prisons run by the agency have full-time rabbis.

Another thing that sets Otisville apart is the food.

"The availability for kosher food is much greater," said Michael Frantz, another former inmate, who founded Jail Time Consulting.

The commissary menu on Otisville's website advertises matzo ball soup, gefilte fish and rugelach, a pastry, alongside Doritos tortilla chips and Diet Sprite soda. Kosher items are marked throughout with the letter "K."

The camp is not fenced in and inmates' movements throughout the day are not as tightly controlled as in more secure facilities.

Inmates are given jobs, which Levine described as "busy work" like cleaning or emptying garbage.

But, in practice, work hours at Otisville are short, sometimes one or two hours a day, said Justin Paperny, a former inmate whose consulting firm White Collar Advice has clients in the camp.

For much of the day, Cohen "can pretty much do what he wants," Frantz said.

The camp offers weights and other exercise equipment, a basketball court, a tennis area and a baseball field, and bocce ball, according to its handbook.

Paperny also said Otisville grants furloughs — temporary releases for inmates, usually one or two days, which can be granted for family and other reasons — "in my experience more than other facilities."

Cohen is married to Laura Shusterman, 49. They have two adult children, Samantha and Jake. REUTERS

CARING
HAS A PLAN.
She has a name.
Her health plan
actually knows it.

SEE WHAT'S POSSIBLE
WHEN HEALTH CARE
GETS PERSONAL.

VILLAGECAREMAX

$0 plan premiums*

up to $150 monthly over-the-counter card

* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.

Are you getting the most out of your Medicare plan?

villagecaremax.org

Call to enroll or make an in-person appointment
1-800-469-6292 (TTY 711)
8 am to 8 pm, 7 days a week

VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711).注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-469-6292（TTY：711）.

H2168_MKT19-14_M Accepted

DELL SMALL BUSINESS

ONE MONTH, MANY THANKS & UP TO 45% OFF

SELECT COMPUTERS

PLUS, A FREE 1TB SEAGATE EXTERNAL HARD DRIVE WITH SELECT COMPUTER PURCHASES.*

BUILT FOR BUSINESS
Vostro 15 5581
List price $1,127.14 | Save $508.14
$619
As low as: **$19/mo***

8th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 256GB* solid state drive

Order code: CAVS5581BDP1220321

Add the Dell 24 Monitor – P2419H for $219.99 ($50 savings)

FREE EXTERNAL HARD DRIVE*
OptiPlex 5060 Small Form Factor
List price $1,227.95 | Save $429.96
$797.99
After coupon* **SAVE30**
As low as: **$24/mo***

8th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 256GB* solid state drive, 3 Years Hardware Service with On-Site Service After Remote Diagnosis*, FREE Seagate Expansion 1TB Portable External Hard Drive USB 3.0 (valued at $54.99)*

Order code: 5029D5060SFPUSHD

Xerox 6510 Phaser Color Printer
List price $449 | Save $250
$199
As low as: **$15/mo***

Reliable printing at its best with excellent image quality and easy connectivity, all at a price that won't break the bank.

SKU: AA116001

NO INTEREST IF PAID IN FULL WITHIN 90 DAYS

ON SELECT COMPUTERS $699+ WITH DELL BUSINESS CREDIT.*

VISIT DELL.COM/DBCPROMOS

Call a Small Business Technology Advisor for additional savings:*

877-BUY-DELL OR DELL.COM/BUSINESSDEALS

*Offers valid 2/6/2019 - 3/30/2019 at 11:59 AM ET.

Dell Business Credit: Offered to business customers by WebBank. Member FDIC, who determines qualification for and terms of credit. Taxes, shipping and other charges are extra and vary. Minimum monthly payments are the greater of $20 or 3% of the new balance shown on the month's billing statement. **No Interest If Paid In Full Within 90 Days:** Available on most purchases of qualifying Latitudes $699 or more, OptiPlex $699 or more, XPS $999 or more and Vostros $498 or more when using Dell Business Credit on April 28, 2019 through May 30, 2019. Minimum purchase amount may be required. Minimum monthly payments are required. You may not pay your purchase in full by the end of this promotional period due to purchase amount, promotion length, additional purchases or allocation of payments to some of the minimum payment. Promotional offer is valid only when account remains in good standing. Accrued Finance Charges will be billed from the transaction posting date. If the purchase balance is not paid in full within 90 days, Dell's credit terms apply. Assumes product is available. Any promotional offer is limited time and intended for qualified customers. Offers, including those of Dell.com may vary, are subject to credit approval and may be changed without notice. PROMOTION CODES NOT INCLUDE on site outlets, items exempt by any prohibited items. Refurbished and/or used purchases do not qualify for promotions. Personalized financing is made available to D&H Retail customers only and is not combinable with other Dell, EPP, or other vendor offers.

*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply (new shipping offer valid only in Continental areas of Alaska) US. Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Coupon SAVE30 offers valid through 4/28/19 at 11:59 PM ET. Valid on full-priced business PC systems. Coupon valid with select other offers, but not with other coupons. Limit of 5 items per customer. Excludes Dell Outlet offers, APS computers, Inspiron computers, Powerful Ideas Servers & select computers, Non-Dell and Refurbished. No credit. Free accessory offer: Eligible product ships separately. Dell only accepts returns of the entire bundle. Taxes, shipping, and other fees apply. Additional financing: Total 4.22% - 9.99% APR at then-UEI on select computers when customer calls Dell at 877-BUY-DELL. In place from date. Excludes: Dell Canada, Premier page TSV, and select outlet pages. Hard drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Dell Pro Support availability and terms may be higher. See delivery and service limitations and options. Service Services offer. Remote Diagnosis is determined by a technician and based on causes of issue, may involve customer access to areas of system and multiple or extended sessions. If issue is covered by Limited Hardware Warranty and not resolved remotely, technician service part will be dispatched, usually within 1 business day following completion of Remote Diagnosis. Availability varies. See dell.com/servicedescriptions for details. Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Inside, Intel Inside Logo, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi, Xeon Inside, and Intel Optane are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. Microsoft and Windows are trademarks of Microsoft Corporation in the U.S. and/or other countries. Screens are simulated. Subject to change. Minimum Client specs and requirements may vary by country. Dell, EMC, and other trademarks are trademarks of Dell Inc. or its subsidiaries. Copyright 2019 Dell Inc. All rights reserved. 3539887

PROFESSIONAL ENGLISH

EHLS trains advanced English speakers to be effective communicators & strong candidates for federal jobs.

GOVERNMENT CAREERS

FULL SCHOLARSHIPS

are available for U.S. citizens who have a college degree and are native speakers of:

Arabic · Azerbaijani · Balochi · Bambara · Dari · Hausa
Hindi · Kazakh · Korean · Kurdish · Kyrgyz · Mandarin
Pashto · Farsi · Punjabi · Russian · Somali · Tajik
Tamashek · Thai · Turkish · Urdu · Uzbek · Vietnamese

Join us to learn more about the program:

Tuesday, May 14
Woodbridge Main Library (New Jersey) 6-8pm

Wednesday, May 15
Queens Library @ Flushing 6:30-8:30pm

Thursday, May 16
Queens Library @ Long Island City 2-4pm

Friday, May 17
Queens Library @ Woodside 3:30-5:30pm

Saturday, May 18
New Utrecht Library 11am-1pm

EHLS English for Heritage Language Speakers
www.ehlsprogram.org
202.687.4455 · info@ehlsprogram.org

Trump slams Kentucky Derby result as 'political correctness'

Maximum Security was disqualified, giving 65-1 Country House the upset victory.

Kentucky Derby. REUTERS

President Donald Trump on Sunday blasted the result of the Kentucky Derby horse race, saying the controversial disqualification of first-finisher Maximum Security could only happen in "these days of political correctness."

"The Kentuky *[sic]* Derby decision was not a good one. It was a rough and tumble race on a wet and sloppy track, actually, a beautiful thing to watch," Trump wrote on Twitter. "Only in these days of political correctness could such an overturn occur. The best horse did NOT win the Kentucky Derby - not even close!"

In a stunning reversal, second-finisher and long shot Country House was declared the winner of Saturday's 145th Kentucky Derby at Churchill Downs in Louisville after Maximum Security became the first horse in the history of the race to be disqualified for an on-track infraction after crossing the line first.

Country House's team had objected to Maximum Security's win, saying the 9-2 favorite's wide turn heading into the soggy home stretch impeded other horses. After a 20-minute video review, officials found Maximum Security guilty of a contact foul and handed the win to Country House.

The 1-1/4-mile race, called the "fastest two minutes in sports," and the first jewel in thoroughbred racing's Triple Crown, featured the largest guaranteed purse of $3 million and played out before more than 150,000 fans that packed Churchill Downs despite the wet weather.

Coming into Saturday's race, Country House had only notched one win in six starts.

Maximum Security's trainer and owner told Sports Illustrated they planned to pursue any available appeals against the disqualification.

REUTERS

Affinity Health Plan

BECAUSE TRUST IS IMPORTANT

Child Health Plus offers the benefits kids need for a healthier future.

Call 866.206.1741 (TTY 711)

AffinityPlan.org/CHP

Child Health Plus
New York State's Health Plan for Kids

nystateofhealth

To learn more about applying for health insurance, including Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans through NY State of Health, The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 855.355.5777.

ADVERTISEMENT ADVERTISEMENT ADVERTISEMENT

Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

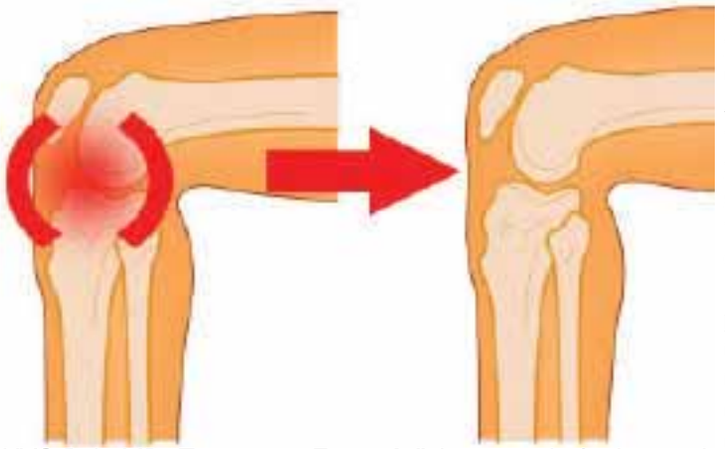
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

‘Avengers: Endgame’ assembles second-biggest second weekend ever

The Marvel film became the fastest film to gross $2 billion globally.

Disney’s “Avengers: Endgame” continues its unprecedented box office run, assembling another $145 million at the domestic box office during its second weekend in theaters.

“Avengers: Endgame” now stands as the second-biggest movie of all time with $2.188 billion worldwide. The Marvel juggernaut became the fastest film to gross $2 billion globally in just 11 days, crushing “Avatar”’s record of 47 days. It has now generated $619 million at the domestic box office and $1.56 billion internationally.

In North America, “Avengers: Endgame” dipped 59 percent from its opening weekend. That wasn’t enough to secure the biggest second weekend of all time, a record still held by “Star Wars: The Force Awakens” with $149 million. However, it passed “Avengers: Infinity War” ($114 million) to hold the second-biggest weekend ever. Only six films have ever surpassed $100 million in their second weekends.

While “Avengers: Endgame” continues to be the de facto choice among moviegoers, a number of brave studios opened new movies to mixed results.

“The Intruder,” a psychological thriller from Sony and Screen Gems, fared the best among newcomers. It debuted in second place, amassing $11 million from 2,222 North American locations. That’s a solid start since the studio shelled out $8 million to produce “The Intruder.” The PG-13 thriller centers on a married couple who recently purchased their dream home, only to realize the seller keeps creepily meddling in their life.

Lionsgate’s “Long Shot,” a raunchy R-rated romantic comedy starring Seth Rogen and Charlize Theron, nabbed the No. 3 spot with a tepid $10 million from 3,230 screens. Jonathan Levine directed the movie about a journalist (Rogen) who tries to win over his former babysitter-turned-politican (Theron), who is now running for president. It garnered mostly positive reviews since its premiere at South by Southwest. The opening weekend audience skewed female (56 percent), while 68 percent of moviegoers were over the age of 35.

This weekend’s final new release, “UglyDolls,” launched in fourth place well below expectations, stumbling with $8.5 million from 3,652 venues. STX’s animated musical cost $45 million to produce. The A-list voice cast includes Kelly Clarkson, Nick Jonas, and Pitbull, who all recorded new music for the movie. REUTERS

REUTERS

metro Sweepstakes
Sign up today, and you could win tomorrow!

Enter for a chance to win a 30-day Unlimited Ride MetroCard

Today’s Code: LPAQ
Enter today’s code on **Metro.us/winstuff**
A New Code Every day!
Drawing Ends May 17th

Division of
Continuing Education & Workforce Development
Hostos Community College

CUNY

Improve Your Job Opportunities Through Our Healthcare Certificate Programs

Bronx location

Certified Nursing Assistant (CNA)
Clinical Medical Assistant (CMA)
CPR/AED & BLS
Credentialed Alcohol & Substance Abuse Counselor (CASAC)
- Alcoholism: A Primary Disease
- Elements & Techniques of Counseling (Family)
- Elements & Techniques of Counseling (Group)
- Medical, Biological, Phys.I & Pharmacological Aspects of Substance Abuse and Alcoholism
- Review and Preparation for the Exam (CASAC)

Electrocardiography Technician (ECG/EKG)
Home Health Aide (HHA)
Medical Administrative Assistant (MAA)
Patient Care Technician (PCT)
Phlebotomy Technician

Manhattan location

Certified Nursing Assistant (CNA)
Clinical Medical Assistant (CMA)
CPR/AED & BLS
Dental Assistant Certificate Program
Dental Front Office Administration with Billing & Coding
Electrocardiography Technician (ECG/EKG)
Phlebotomy Technician

Receive 5% discount with this ad (Use code SAVE MET01)

THE SKILLS TO DO THE JOB
Transforming Lives and Forging Futures

One College. Two Locations. Same Exceptional Quality.

Bronx Open House
Saturday, May 11, 2019
11:00am-1:00pm
www.hostos.cuny.edu/Continuing-Ed
718.514.7103 560 Exterior St., Bronx, NY 10451

Manhattan Open House
Thursday, May 16, 2019
5:30pm-8:00pm
cunyintheheights.online/info
917.512.2498 5030 Broadway, NY, NY 10034

Sri Lanka police discover suspected training camp for Islamist militants

Sri Lankan police on Sunday discovered a 10-acre camp in the eastern town of Kattankudy, where Islamist militants linked to the deadly Easter attacks are believed to have practiced shooting and bomb-making.

The walled terrain is nestled in a poor residential area on the outskirts of the hometown of Zahran Hashim, who is believed to have been a key player in plotting the April 21 attacks. Islamic State has claimed responsibility for the church and hotel bombings that killed more than 250 people.

DANISH SIDDIQUI

The narrow, sandy plot is dotted with a cinderblock 4-story watchtower, as well as mango trees, a chicken coop and a goat shed.

"They wanted to show this place was normal. If someone comes to see, it looks like a farm. But what they were doing is terrorism," said a senior police officer in the Batticaloa area, asking to remain anonymous because he was not authorized to speak to media.

Police found bullet holes in the wall on one side of the grounds, as well as long tubes suspected of holding bombs, the officer said.

Two owners of the plot of land have been arrested, the officer said. REUTERS

JOIN OUR FANATIC TEAM!

Are you passionate and committed to delivering amazing customer service?

Then come and join our team at our Manhattan locations.

Apply online: myrepublicbank.com/careers

REPUBLIC BANK

myrepublicbank.com

THE POWER OF RED IS BACK

We are proud to be an Equal Opportunity Employer.

Member FDIC

YOUR LEGS DON'T HAVE TO SUFFER!

- VARICOSE VEINS
- SPIDER VEINS
- LEG ULCERS
- LEG SWELLING
- BURNING
- ITCHING
- RESTLESSNESS

Personal & discrete care delivered directly by Ronald Lev, MD

Certified by the American Board of Venous and Lymphatic Medicine

We Accept Most Health Insurances including Medicare

Minimally invasive procedures

CALL TODAY!
212.204.6501

ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN

111 John St, Ste 1450 (bet Cliff & Pearl St) New York, NY 10038

369 Lexington Ave, Ste 18 A (bet 40th & 41st St) New York, NY 10016

TreatmentsOfManhattan.com

DRLEV@TREATMENTSOFMANHATTAN.COM

'Reclaiming *our power*'

"The Pleasure Is Mine" is all about empowering women to speak up about sex and pleasure.

MOLLY GIVEN
Molly.Given@metro.us

In the era of the #MeToo movement, Times Up and the overall empowerment of women there has been a lot of talk about what women don't want. The importance of having your voice heard is paramount, but it's not all about what females don't want in their lives. It can also be about what they do want. KY wanted to explore that notion regarding women and their pleasure and recruited creative director Lauren Greenfield to make an important docuseries, "The Pleasure Is Mine," happen. Greenfield teamed up with Emmy Award-winning director Amy Berg and together this dynamic duo empowered everyday women to speak up about what they want and break the stigma around conversations regarding sex. Metro sat down with Greenfield (LG) and Berg (AB) to learn more about the docuseries, hear their thoughts on why there is such a stigma and overall get a sense on why women's voices need to be heard on this subject.

Where did the idea for "The Pleasure Is Mine" come from initially?

LG: KY wanted to do a docu-piece about women's pleasure and sexual empowerment to break down the taboo about talking about women's pleasure, so that's where it started. We had this new company we had just launched, Girl Culture Films, representing a group of incredible female directors for commercials and branded content, so when this came from KY I immediately thought of Amy Berg, who is such an amazing documentarian. [Amy is] not afraid to ask any tough or uncomfortable questions. She came up with the idea of, in the context of this piece, bringing in Dr. Holly Richmond and a sex therapist in an educational setting in a way where a really diverse group of women could talk about all of the taboo issues around sex and what gets in the way of women's pleasure.

In this day and age, why do you think it's important for women to have this conversation about sex?

LG: Well, I mean, of course it's been an incredible time with female empowerment. Just from my point of view, talking about non-consensual sex has been so important and in a way it kind of paved the way to also have a conversation about consensual sex and how women can have a voice and have empowerment in the bedroom to also have pleasure, which has been a kind of not-talked-about thing. In a way, it's like the next step, that expression and voice. Just on that point, one of the girls in the project says, "If we don't know what feels good, it's hard to know when to say no." I think that it's a piece of choice and empowerment. Women talked about sometimes looking at their watch and just waiting for it to be done and that kind of thing, and of course in that setting it's consensual sex. But it's this idea that women can break through the boundaries and actually also find pleasure and also just talk about their sexual needs and desires.

AB: I think that there was this kind of overall feeling after the last presidential election and conversation about women being disrespected. "Locker room talk" became such an important narrative, and then the Women's March stepped onto the stage and allowed women to support each other and be empowered by their presence. For me, I was documenting the women's movement the past couple of years and I was just watching the power of the sisterhood and seeing how much comes from talking about things amongst ourselves and really being vocal about things that have been taboo for years, such as sex. I was watching women stick up for what they didn't want, so when this job came I thought it would be interesting to talk about what women do want and how to express their power. I thought through a group setting there would be something interesting that would happen in the room.

Amy Berg. GETTY IMAGES

Since this is all about women having a difficult time speaking up about what they do want, did you find that the participants were hesitant when discussing this subject? Did it take some time to get them to talk about it?

AB: I think it was easier in the group setting, but of course there were some women that were quieter in that first round. But I think once they all established a rapport with each other, there was extreme power in the room.

LG: One of the big surprises for me, I feel like Amy was comfortable talking about anything and so uninhibited but I actually didn't know if we would find women that wanted to talk about this, and who were just a cross-section of everyday women. I was really surprised that it almost seemed like people wanted and needed to talk about it. There's just something cathartic even just talking about it. So people were actually really excited to have the opportunity to talk about things that they had obviously thought a lot about before but hadn't had a chance to talk about so openly.

AB: There was kind of a nervous thrill when people would talk about sex for the first time and say certain words, and then it became normalized like any other sort of conversation. We have to overcome the hateful language around women who are promiscuous or women who enjoy themselves during sex. That is what we've learned with this, like I said, with this kind of movement, reclaiming our power.

"The Pleasure Is Mine" was released on April 30 and is available to stream now.

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

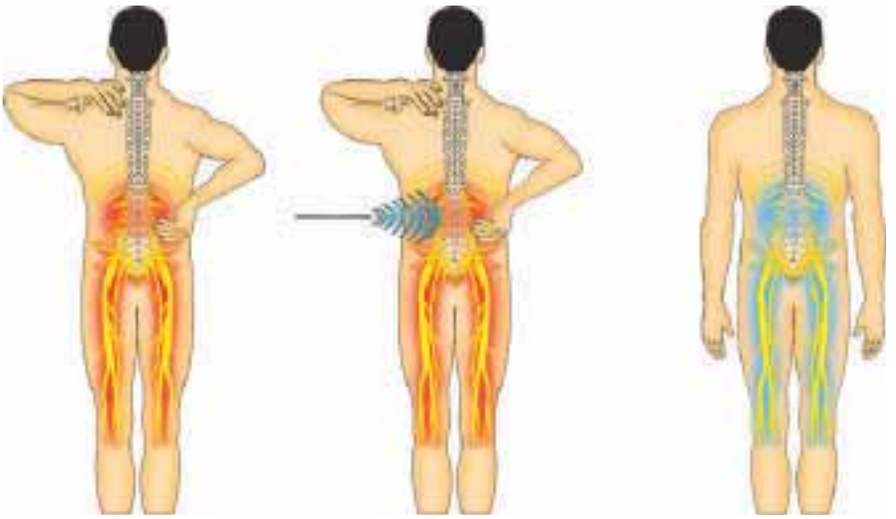
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

NYC PAIN MD

"Non Surgical Medical Relief For Spine & Joint Pain"

877-907-2934

Is being single a new global trend?

According to statistics, more and more people around the globe think about living without being in a couple as adults. Metro investigates the phenomenon.

MIGUEL VELÁZQUEZ
letters@metro.us

Data from the independent think tank Pew Research Center confirms that the marriage rate has decreased in recent years. At the same time, the number of divorces has significantly grown. Statistics state that at least 25 percent of the population will never marry. And that phenomenon is spreading around the globe, making new generations the loneliest in history.

"It is happening all over the world," Erick Linenberg, professor of sociology at the Institute for Public Knowledge, New York University, explained to Metro. "Marriage rates are down in Europe and in much of Asia, in particular. And in recent years the nations with the greatest increase in people living alone include China, India and Brazil."

He added: "I believe that the global rise of living alone represents the greatest social change of the last 60 years that we have failed to name or identify. I'd bet everyone who's reading this can think of someone in their life who's currently alone. It's an extraordinary social experiment, and one that's worth following closely."

It could be a positive thing

Experts agree that being single is a global trend, which involves more and more people over time. But according to Paul Dolan, professor at the Department of Psychological and Behavioural Science of the London School of Economics and Political Science, it is "perfect" as long as it makes them happy.

"The main point is that people should stick to something that makes them happy… without harming others, of course. And we should not judge them harshly if they go against social expectations," he stated. "So, if being single make those people happy, then it is a good thing."

Dolan commented: "We should not ignore the fact that more [single] people will probably mean fewer babies being born, and that is great from an environmental point of view. Oregon State University researchers compared the potential impact of completing six "green" activities with the simple decision to have one less child. The six environmental habits included fuel-efficient driving; halving annual car mileage; fitting double glazing; using low-energy light bulbs; replacing an inefficient fridge; and making sure all paper, tin and glass was recycled. Adopting all six pro-environmental activities can reduce your carbon footprint by an impressive 486 tons. But if you have one less child it could be reduced by 9,441 tons — potentially 20 times more.

Rather than not getting married at all, new generations prefer to postpone it and give more space to their careers. According to Nancy J. Smith-Hefner, professor at the Department of Anthropology at Boston University, there is a name for that.

"There is a term for the phenomenon that was first proposed by anthropologist Diane Singerman: 'waithood.' That is, young people are putting marriage off for a variety of different reasons. And as a result, adolescence and full adulthood has expanded.

"The issue is that young people are deciding to avoid living together as a couple. They rather prefer to go to school or push their careers than get married. Although that does not mean they do not have relations," Smith-Hefner said.

The professor made an example of Japan, where it was revealed that 36 percent of local males aged 16 to 19 confirmed that they had "no interest" in sex.

"Such people are referred to as 'herbivore men.' They are protesting against the fact that

Social media influence

Nancy J. Smith-Hefner, professor at the Department of Anthropology at Boston University, explained how apps and social networks have affected singlehood: "Electronic media has had both positive and negative effects on this issue. It allows couples who are distant (even countries apart) to begin or maintain relationships — think of Skype, Facetime, texting, etc. — and that can be positive. Online dating has also had the effect of offering possible matches to those who would not otherwise meet. Some research indicates increasing numbers of matches are now taking place across racial and ethnic divides as an effect of online sites, which is also positive. But other studies have indicated the negative effects of online dating that have to do with the endless possible choices that are presented, the search for perfection in a partner, and the relatively short window of time in which couples decide whether they are interested in one another or not. That is, online dating offers less of a possibility of getting to know someone 'naturally' and slowly over time as one might in the case of a school acquaintance or a workmate."

metro® Sweepstakes

You could win a family vacation for four to
MARATHON, FLORIDA!
A $5,183 VALUE

Enter at metro.us/winstuff for a chance to win:

- A three-night stay for four, including daily breakfast at Hyatt Place Marathon at the Faro Blanco Resort & Yacht Club
- Four Dolphin Encounter swim programs at Dolphin Research Center
- Certified / Non-Certified Dive for four in the coral reef tank and one year membership at the Florida Keys Aquarium Encounters
- Private cable rental wakeboard or cable kite lesson for four with Otherside Adventure Park
- Guided 90-minute tour for four, including feeding sea turtles at The Turtle Hospital
- Guided tour of historic Pigeon Key for four guests including ferry boat transfers, courtesy of the Pigeon Key Foundation
- Round-trip coach class air transportation for four
- A four-day midsize can rental

VISIT FLORIDA

ENTER BY MAY 31, 2019

Looking for a vacation with memories you'll keep forever? Then find your way to 825 miles of beaches, world famous theme parks, natural wonders and more. Enter today at metro.us/winstuff

Call today to connect with a
SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**. Our Advisors are **trusted**, **local experts** who can help you understand your options.

UNDERSTAND YOUR OPTIONS
Learn the different types of senior care available

LOCAL KNOWLEDGE
Our Advisors have the local knowledge to help you hand-pick communities in your area

SIMPLIFY
Your dedicated Advisor will simplify your search and help schedule tours

EXPERIENCE
Our Advisors help thousands of families understand their options every day

aPlaceforMom.

There's no cost to you!
(800) 216-3930
! We're paid by our partner communities

Joan Lunden, former host of *Good Morning America* and senior living advocate.

the types of jobs their fathers had are no longer available. They are against the commodity of love and romance and resent the economic expectations placed on them by women. And this is having a major impact on birth rates and the economy."

Smith-Hefner concluded: "But it's not just men who are putting marriage off the table. Women are doing so as well. They have now surpassed the number of men attending university in many places around the globe. And as a result, they prefer education and work instead of a couple."

ISTOCK

metro.us/horoscopes

Aries Stop worrying about what others do or say, and start trying to perfect who you are and find out what you want to achieve.

Taurus Size up a situation, set your objective and make it happen. Don't let anyone else interfere. Stick to what's realistic.

Gemini Consider the possibilities and head in a promising direction. How you get along with the people you encounter.

Cancer Your objective should be positive change. Offer suggestions and solutions, and be open to what others have to contribute.

Leo An offer may sound good, but before you follow in someone else's footsteps, get the low-down on what's expected.

Virgo Put your energy to where it will do the most good. Opposition will surface regarding sensitive issues, but if you focus on learning and self-improvement.

Libra Taking care of your responsibilities will ease stress. Spending time with someone who shares your likes and dislikes.

Scorpio A change will help build momentum and bring you closer to something or someone that inspires you.

Sagittarius Fix up your space, pay attention to important relationships and take time to make subtle improvements to your appearance.

Capricorn Make improvements at home that will lower your overhead and add to your comfort while lowering your stress. Do things for the right reasons.

Aquarius It's up to you to bring about positive changes at home and in your social life. Reconnecting with someone from your past.

Pisces A steady pace will be in your best interest. Refuse to let emotional matters spin out of control and eat up valuable time that should be spent doing something positive. EUGENIA LAST

LOOSE DENTURES?
Smile with Confidence
Miracle on 35th Street

Emergencies And Most Insurance Plans Welcome
Senior Cit. Discounts*

New York's Place for Same Day Dentures for more than 40 Years!

Leaders in Implant Dentistry! - Est. 1977

FREE CONSULTATION

HERALD SQUARE DENTAL™
& THE DENTURE CENTER™
EST. 1977

DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
CALL NOW 212.689.0024
224 West 35th St., New York, NY, 16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com | *Offers cannot be combined | *some restrictions may apply

EDUCATION

College-bound students could face *$37,400 in loans.* Here's how to ease the load

NerdWallet is a personal finance website.

High school seniors are wrapping up their last year — studying for finals, battling senioritis and mailing out graduation announcements. And while those destined for college are beginning to receive financial aid award letters, student loan debt is likely not top-of-mind.

But maybe it should be.

A 2019 high school graduate who will depend on student loans for college can expect to borrow $37,400, on average, in pursuit of a bachelor's degree, according to NerdWallet analysis.

An estimated 1.3 million of the nation's high school graduates — 44 percent of them — will enroll in four-year colleges or universities. Of those, half are expected to take on student loan debt, according to our analysis of National Center for Education Statistics data. With a bachelor's degree taking an average of about five years to complete, according to the National Student Clearinghouse, these students could be looking at $37,400 in student loans.

This loan total is a conservative estimate, since our projections were limited to public colleges and universities, not private institutions where loan amounts and award rates tend to be higher. As well, the math assumes the average loan amount per student will continue growing at a relatively slow pace, a trend seen in the latest available data.

ISTOCK

"It's encouraging to see that student loan growth is easing, but college debt is still a legitimate challenge for millions of people," says Teddy Nykiel, NerdWallet's student loan expert. "My advice to incoming college freshmen: Don't borrow blindly. Student debt isn't good debt if you don't earn enough to repay it without straining your finances."

Entering college with future debt hanging over your head can make it hard to focus on studying, let alone enjoying the experience. Here are tips for students and parents to make education loans more manageable before, during and after college.

Exhaust all other reasonable funding sources
Loans are the most expensive way to pay for college. Other ways to lighten the load include grants and federal work-study, with eligibility determined annually. Plan to submit the Free Application for Federal Student Aid, known as the FAFSA, every year you're in school.

Those attending school in Fall 2019 should submit their FAFSA as soon as possible if they haven't already, as state and institutional deadlines may have passed. Check with the financial aid office to be sure. For the 2019-20 school year, the official FAFSA deadline is June 30, 2020, to allow for students attending classes next summer. You'll be eligible again for financial aid based on new income numbers when applications open in October for the following fall term.

Keep in mind, scholarships from colleges and organizations are available after freshman year, as well. Lighten your overall debt load by keeping an eye out and applying for these sources of funding throughout the year, every year, not just as you prepare for your first semester.

Parents: Don't sacrifice retirement savings
It can be tempting for parents to want to help reduce their child's student loan debt by tapping into retirement savings. But depleting your retirement fund will only put you in a bind down the road. Unless your ideal retirement is asking your college-educated child to help with your living costs, keep on saving.

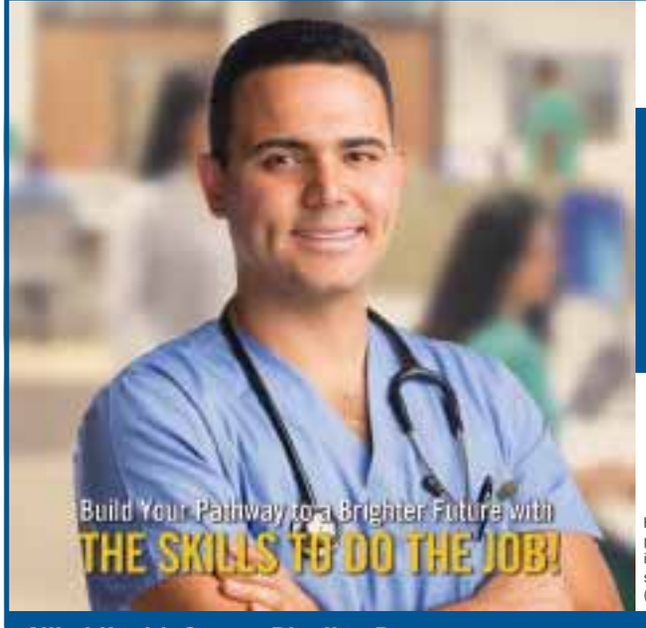
"Your child can borrow for college, but you can't borrow for retirement," Nykiel says.

Division of Continuing Education & Workforce Development
Hostos

CUNY

The Allied Health Career Pipeline Program

Join us at our Open House If you are eligible, our healthcare trainings are FREE



Open House
Saturday, May 18th from 10am-12pm
120 E. 149th St., Savoy Multi-Purpose Room, Bronx, NY 10451

Healthcare trainings include:
- Certified Nursing Assistant (CNA)*
- Health Information Technician (HIT)**
- Home Health Aide (HHA)
- Patient Care Technician (PCT)**
  (PCT is only available to our current CNA students)

*Licensed New York State Nurse Aide Certification

Eligibility Requirements:
- Be at least 18 years of age
- Meet income requirements
- Authorize to work in the US
- Consent to a background check
- Take TABE Test in Reading & Math

**National Healthcareer Association Certification

Call Now! 718-664-2548
email Pipeline@Hostos.cuny.edu
www.hostos.cuny.edu

HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities. This document is supported by Grant #90FX0039 from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.

PROUDLY FUNDED BY HPOG OFFICE OF FAMILY ASSISTANCE

Allied Health Career Pipeline Program 427 Walton Avenue, Bronx, NY 10451 Pipeline@Hostos.cuny.edu www.hostos.cuny.edu/Continuing-Ed

www.metro.us

THE SKILLS TO DO THE JOB

Transforming Lives and Forging Futures Since 1968

Division of
Continuing Education & Workforce Development
Hostos Community College

Computer Support Technician Apprenticeship Program

No-cost CompTIA A+ Training

Earn a Nationally Recognized Industry Certification

CompTIA A+ validates foundational-level knowledge and skills necessary for a career in PC support. This program prepares you for CompTIA A+ Essentials and CompTIA A+ Practical Application exams.

IT Training Program Benefits

- 1000 hours of on the job training (OJT)
- Tuition NO COST
- Exam voucher NO COST
- Recognized career advancement training opportunity – support by IT professionals
- Evening/weekend hours
- Enhanced curriculum based on current IT industry needs
- Competitive placement opportunities

Minimum Qualifications

- Interest in IT
- High School Diploma/HSE
- Possess an 8th grade math level
- Ability to read at a 10th grade level
- 18 years of age or older
- Eligibility to work in the U.S.
- Maintain a class schedule of evenings and weekends for 4-5 months

Sign-up for one of our information sessions: http://bit.ly/2019CST

All products names, course names, trademarks and registered trademarks are property of their respective owners.

CompTIA Authorized Academy

cisco Networking Academy

CUNY

www.hostos.cuny.edu/CE/ITcourses

Tel 718-514-7103 cedu@hostos.cuny.edu 560 Exterior St., Bronx, NY 10451

17 New York Monday, May 6, 2019

Open House

TUESDAY, MAY 7

MANHATTAN CAMPUS:
1293 BROADWAY/ ONE HERALD CENTER, NEW YORK, NY 10001

THURSDAY, MAY 9

BROOKLYN CAMPUS:
151 LAWRENCE STREET, BROOKLYN, NY 11201

877-380-5638 ASA COLLEGE

4 Apps that will make co-parenting easier

LUZ LANCHEROS | METRO WORLD NEWS | PHOTOS: ISTOCK, CONTRIBUTED

The traditional family model has changed, thus single and divorced parents form a large part of the population.

In 2016 in the U.S. alone, 1,300 new families were formed and 50 per cent of the members had re-married, according to a report by the Stepfamily Foundation. Likewise, 66 per cent of couples who lived together or were just starting to may (by now) have broken up. The same is happening in other regions around the globe. Here, Metro highlights applications that can guide both parents and their children.

1. Our Family Wizard

It costs $99 and features a calendar to set activities, organize expenses, as well as chat that helps to be in contact with the other adult involved. Our Family Wizard also has a function that makes banking information accessible to each parent. It is available for Android and iOS.

2. Talking Parents

It's free and also has a plan for lawyers and parents. Talking Parents is mostly a message platform between parents that leaves a record of all the interactions. It has a Premium plan that allows access to more tools (such as message files) at a cost of $4.99. Only two adults can use this app.

3. 2Houses

It was created by Gill Ruidant in 2011 after separating and looking for an interface that would help her communicate with her ex-partner to organize the care and well-being of their son.

The platform helps you to be aware of all activities, manage expenses and exchange medical and schooling information. It is accessible on the web as well as on iPhone and Android. 2Houses costs $6.49 per month.

4. Coparently

It costs $99 per year or $9.99 per month. There is also a free 30-day trial. You can add children to Coparently to communicate with them. The app features a custody calendar, a tool to calculate shared expenses, as well as access not only for children but for other adults involved in the process.

FREE 15-week job training program for women
First Step Program
Computer Training: Microsoft Word, Excel, PowerPoint, Outlook, G-Suite
Professional Development Workshops · Resume Writing · Interviewing
Self-Esteem Building · Mentoring · Holistic Support
2 Month Internship · Job Placement Assistance
GED not required · HRA Approved · MetroCards Provided
For more information, please call (212) 776-2074
www.coalitionforthehomeless.org/first-step
J-BO

KINGSBOROUGH COMMUNITY COLLEGE
★ DREAMS BEGIN HERE ★
CUNY

BIOTECHNOLOGY • FASHION OF BUSINESS • CHEMICAL DEPENDENCY COUNSELING • CRIMINAL JUSTICE • CULINARY ARTS • EMS/PARAMEDIC FASHION DESIGN • MARITIME TECHNOLOGY • NURSING • OFFICE ADMINISTRATION • RADIOLOGIC TECHNOLOGY • RESPIRATORY THERAPY • ASSISTANT POLYSOMNOGRAPHIC [SLEEP] TECHNOLOGY • SURGICAL TECHNOLOGY TOURISM & HOSPITALITY • WEBSITE DEVELOPMENT & ADMINISTRATION

Dream. Learn. Do.

@CUNYkcc

APPLY NOW
IN PERSON: Village Center | Room V-100 | ONLINE: www.cuny.edu/apply

www.kbcc.cuny.edu | 718-368-4600 • 2001 Oriental Blvd, Brooklyn • B1 or B49 bus to last stop

ASPEN PRIZE FOR COMMUNITY COLLEGE EXCELLENCE TOP 10 2019

Isles picking up pieces after elimination

The Islanders were swept out of the second round by the Hurricanes.

JOE PANTORNO
joseph.pantorno@metro.us

GETTY IMAGES

After barnstorming their way through the regular season and the first round of the Stanley Cup Playoffs, the New York Islanders went out with a whimper in the second round.

Friday night's 5-2 loss to the Carolina Hurricanes completed the Islanders' sweep-filled foray into postseason play. After taking the Pittsburgh Penguins down in four games in the opening round, the Islanders could not muster a win against Carolina.

Whether it was the 10-day wait in between each series or the change in venue — the NHL moved all remaining home games from the Nassau Coliseum to the controversial Barclays Center — the Islanders looked a completely different team in the second round.

The Hurricanes not only beat the Islanders at their own game, but they also dominated.

A well-structured defense made an inconsistent Islanders offense a complete non-factor as New York was held to just five goals in four games against Carolina goalies Petr Mrazek and backup Curtis McElhinney.

"They did what we've done to teams: shut them down, counter-attack, frustrate them, and capitalize on their chances," Islanders head coach Barry Trotz told MSG Networks after the game. "They did a great job."

It's an anticlimactic finish to such a special season: the best year an entire generation of Islanders fans have ever experienced.

Under Trotz and GM Lou Lamoriello, the Islanders went from an expected doormat to the Eastern Conference to a force in the Metropolitan Division. Their defensive brand of hockey was the backbone of a 103-point season, the franchise's highest point total since the 1983-84 season.

And they managed to do so with an underwhelming roster — on paper, at least.

While this was one of the franchise's most successful seasons in three decades, the sting of the loss reigns supreme.

"You work so hard to get to this position. To have it end like this, it's hard," Islanders captain Anders Lee said.

"We did a lot of things this year that no one expected to do, but when you get this far, expectations change because we know how special this group is, how hard we worked for it and we know what we're capable of."

To take a step back and look at the big picture, this was just the first step in the Lamoriello/Trotz regime. The Islanders are expected to be major players in free agency this summer that will allow them to address some major offensive needs, including an elite goal scorer.

It means the current roster, which proved the NHL world wrong for most of the season, will likely look plenty different come next year. Especially with pending free agents like Lee, Jordan Eberle, Brock Nelson, Valtteri Filppula and goalie Robin Lehner prospectively hitting the market.

"That's part of our game, our business," Lee said. "We're a family in here, we're a team. Until that changes, we're a family."

ARE YOU AT LEAST 18 YEARS OF AGE AND WANT TO CONTRIBUTE TO MEDICAL RESEARCH?

Biotrial is currently recruiting healthy non-smoking male volunteers for a research study which includes an in-house stay of 10nights/11days and 1 out-patient visit or an in-house stay of 10 nights/11 days followed by 8 nights/9days and 1 out-patient visit.

Eligible volunteers may be compensated up to $2800 to $5000 for participation in the study.

You must be:

- Healthy male aged 18 to 55 years old.
- BMI between 18 and 30 kg/m^2.
- Non-Smoker or ex-smoker for more than 6 months.

TO LEARN MORE:

Call us: 844-246-8459 | Email us: recruitment@biotrial.com | Visit us: www.biotrial.com

- Biotrial is located at 130 Norfolk Street Newark, NJ with easy access to the NJ Transit Norfolk Street light rail station.
- Our clinical unit is only 6 minutes from Newark Penn Station and approximately 30 minutes from NY Penn Station.

Boston Scientific
Advancing science for life™

Erectile Dysfunction?

Looking for a treatment option with high satisfaction?

Get the facts about treatment options at our FREE erectile dysfunction seminar.

Attend a FREE Men's Health Seminar:
Presented by: Dr. Bob Berookhim

Thursday, May 9, 2019

Registration: 5:30 PM
Seminar: 6:00 PM

Opera House Hotel
436 East 149th Street
Bronx, New York 10455

Partners and guests welcome. Refreshments will be served.

Meet with a patient champion to learn more.

Space is limited, call to register today.
877–829–2742
www.EDCure.org/events

Boston Scientific Corporation co-sponsors this patient seminar and accompanying educational materials.
Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.
©2018 Boston Scientific Corporation or its affiliates. All rights reserved. MH-527502-AB SEP 2018

Mets swept by Brewers as Yelich homers in return

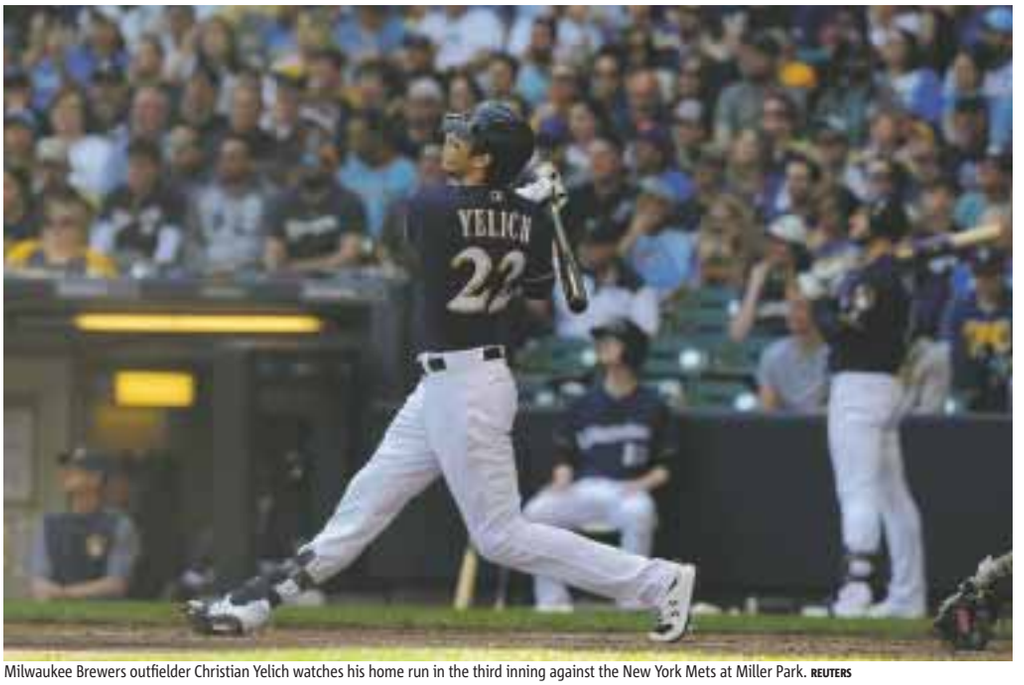
Christian Yelich hit his major league-leading 15th home run in his return to the lineup to lead Milwaukee to a 3-2 win over the visiting New York Mets on Sunday, completing the Brewers' three-game sweep.

The outfielder, who missed the last six games with a back injury, clubbed a two-run homer off Mets starter Jason Vargas into Miller Park's upper deck for a 3-0 lead in the third inning.

During his MVP season in 2018, Yelich hit his 15th homer in his 91st game. He belted his 15th in just his 31st game this season, breaking a tie with Los Angeles' Cody Bellinger for tops in the league.

Milwaukee starter Zach Davies (4-0) tossed 7 2/3 innings of two-run ball, allowing six hits while striking out five and walking one.

Josh Hader struck out J.D. Davis, Pete Alonso and Todd Frazier in a perfect ninth to notch his ninth save.



Milwaukee Brewers outfielder Christian Yelich watches his home run in the third inning against the New York Mets at Miller Park. REUTERS

Brewers center fielder Lorenzo Cain left the game after running into the wall and later being hit on the hand by a pitch, although X-rays on the hand were negative.

Amed Rosario had three hits, and Juan Lagares homered and Tomas Nido also drove in a run for the Mets, who have lost 11 of their last 12 in Milwaukee.

Vargas (1-2) allowed three runs on three hits in four innings, struck out five without a walk and left the game for a pinch hitter in the fifth because of hamstring tightness.

After Saturday night's 18-inning marathon that Milwaukee won, 4-3 — a Miller Park record for innings played — the Mets manufactured a Sunday lineup that was without regulars Jeff McNeil, Michael Conforto, Robinson Cano and Wilson Ramos.

After Manny Pina started the third with a double, Orlando Arcia hit a fly that right fielder Keon Broxton misplayed into another two-bagger to put runners on second and third. Cain then hit a sacrifice fly.

Milwaukee, which had homered in every home game this season except for the 18-inning epic, used the long ball to extend the lead to 3-0.

Yelich followed Cain with his blast on an 81-mph pitch on a 1-2 count, hammering the offspeed offering an estimated 440 feet to right field.

The Mets made it 3-1 in the fifth when Nido singled in Broxton, and Lagares lashed his second homer off Davies to get New York to within a run in the seventh. REUTERS

COLUMBIA
New York State Psychiatric Institute
NYSPI IRB Approved 7405 12/27/2018 -> 11/15/2019

Are you feeling depressed?

Is your anti-depressant treatment not working as well as you hoped it would?

OPTIMUM
Optimizing Depression Treatment In Older Adults

If you are 60 years or older you could be eligible for a federally funded research study at the Columbia University Medical Center that provides:

- A free evaluation
- Treatment with FDA approved medication
- Compensation of up to $300
- A more active and fulfilling life

Call the Clinic for Aging, Anxiety, and Mood Disorders at 646-774-8677 now to see if you are eligible.
Para servició en español, llame al 646-774-8692

NASH STUDY

Living with Nonalcoholic Steatohepatitis (NASH) or Fatty Liver Disease?
CHEAR Center is conducting a Clinical Research Study for Volunteers with NASH

QUALIFIED VOLUNTEERS MUST:
- Have a history of NASH or Fatty Liver Disease
- Be willing to undergo study procedures and a liver biopsy

QUALIFIED PARTICIPANTS:
- May receive compensation for time and travel
- Will receive study related medications and examinations at no cost

If interested please call us at: 347-270-1111

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

Are you HIV+ and experiencing discomfort related to Peripheral Neuropathy?

You May Be ELIGIBLE To Participate If You Are:
- HIV+/AIDS
- Experiencing *pain, numbness, aching, burning, or "pins and needles"* sensation in the lower legs and/or feet for 2 months or greater
- 18 years of age or older

The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of $220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

For More Information Call: (212) 365-0346

NEW YORK UNIVERSITY

RESEARCH VOLUNTEERS NEEDED

Healthy HEROIN users are needed for an inpatient study at the Columbia University Irving Medical Center. Earn approximately $6,550-$7,350.

Call 646-774-6243

Columbia University Irving Medical Center | New York State Psychiatric Institute

CAREER TRAINING

JOBS
We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

US Vets Call Now

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES
6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING
BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS
20% off when you mention Metro
1(800) 220-5494
pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

Big Discount on OSHA
10-Hour OSHA: $80.00
30-Hour OSHA: $230.00
Security Guard Training: $145
Visit website to see more Training
Tribune Training Academy Inc.
29-28 41st Ave, LIC, NY 11101
(718) 790-2664
www.tribunest.com

REAL ESTATE

Rooms for Rent

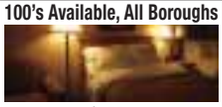
All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
Call Us Now:(212)368-2685

REAL ESTATE

Rooms for Rent

100's Available, All Boroughs



Rooms: $150 week/up
Studios: $900 month/up
212-210-9206

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

ITEMS FOR SALE

ELIMINATE RATS & MICE – GUARANTEED!

Buy Harris Baits, Traps & Repellents.
Available: Hardware Stores,
Buy Online: homedepot.com

KILL ROACHES-GUARANTEED!
Buy Harris Roach Tablets, Sprays, Traps, Concentrate.
MOST EFFECTIVE!
Available: Hardware Stores, The Home Depot

homedepot.com

KILL BED BUGS!
Buy Harris Sprays, Traps, Kits, Mattress Covers.
DETECT, KILL, PREVENT!
Available: Hardware Stores, The Home Depot
homedepot.com

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF Queens,
Citimortgage, Inc., Plaintiff, vs.
Mercedes M. Alava;
Jose A. Pouso, ET AL.,
Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on February 6, 2018, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on May 31, 2019 at 10:00 a.m., premises known as 153-10 Bayside Avenue, Flushing, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 4838 and Lot 34. Approximate amount of judgment is $645,845.16 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 700611/2015.
Alan Kestenbaum, Esq., Referee
Knuckles, Komosinski & Manfro, LLP, 565 Taxter Road, Suite 590, Elmsford, NY 10523, Attorneys for Plaintiff Cash will not be accepted.

NOTICE IS HEREBY GIVEN that a license, Number 1303985, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 286 Richmond Valley Rd, Staten Island, NY 10309. Richmond County, for on-premises consumption. Daddyo's on Richmond Valley LLC d/b/a Daddyo's BBQ & Sports Bar.

NOTICE IS HEREBY GIVEN that a license Serial #1317546, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 278A 5th Ave., Brooklyn, NY. Kings County, for on premises consumption. 278A 5th Avenue LLC d/b/a Bonnie's Grill.

NOTICE IS HEREBY GIVEN that a license, Serial # 1317670, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 3473 Broadway, New York, NY 10031. New York County, for on premise consumption. Lyn Genet Kitchen LLC.

NOTICE IS HEREBY GIVEN that a license Serial #1317615, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 1105 Nostrand Ave., Brooklyn, NY. Kings County, for on premises consumption. Bleunuk Inc.

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

LEGAL NOTICES

EQUILIBRIA LEADERSHIP CONSULTING LLC. Cert. of Auth. filed with the SSNY on 03/20/2019. Organized 12/05/2013 in PA. Office: New York County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 525 S. 4th Street, Philadelphia, PA 19147. Authorized officer where Cert. of Org. filed: PA Sec. of Cmlth., 302 N. Office Bldg., 401 St., Harrisburg, PA 17120. Purpose: Any lawful purpose.

NOTICE OF FORMATION of Redink Tattoo Studio LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 01/14/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 315 West 54th Street, New York, NY 10019. Purpose: Tattoo and Piercing.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday May 15, 2019 at 2:00 p.m. at 42 Broadway, 5th floor on a petition for Joe & The Juice New York LLC to establish, maintain, and operate an unenclosed sidewalk cafe at 2460 Broadway in the Borough of Manhattan for a term of two years.

REQUEST FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN that a license, Number 1311123, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 131-02 14th Ave., College Point, NY 11356. Queens County, for on premises consumption. CP Grill Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1317782, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 121 St. Nicholas Ave., New York, NY 10026. New York County, for on premises consumption. Assinie Restaurant, LLC.

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

PSYCHICS

UNIQUE SPIRITUAL HEALER & ASTROLOGER
HEALER VISHNU
SPECIALIZED IN BRINGING LOVED ONES BACK
100% REMOVAL OF BLACK MAGIC
* LOVE * FAMILY
* CHILDREN PROBLEM
* HEALTH * JOB * MONEY
* LUCK * STOP-DIVORCE
* DEPRESSION
* ENEMY
* SEXUAL PROBLEM
* BLOCKAGE
* COURT CASES ETC..
Result in 5 to 8 Days 100% GUARANTEED RESULTS
CALL FOR APPOINTMENT
929-500-6964
Service Available in Brooklyn & Queens Also

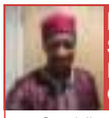
WORLD FAMOUS INDIAN PALMIST & SPIRITUALIST
PANDITH: RAVI SHANKAR GURU JI
MEET ONCE 100% EXPERT PANDITH
EXPERT IN REMOVING PROBLEM LIKE
Health, Depression & Blockage, Enemy Problems, Jealousy, Sexual Problems, Business Problems, Money Problem, Childless Couples, Worried About Loved Ones

FREE READING MON'S & SAT'S
He Can Handle, Remove & Destroy Black Magic, Voodoo, Obey, Witchcraft, Demonic Forces, Evil, Bad Luck & All Negativity And Gives Protection
"LIFE IS TOO SHORT" DON'T SUFFER!
347-553-1494
103-02 LEFFERTS BLVD. RICHMOND HILL, NY 11419 (INSIDE PRIVATE HOUSE)

SPIRITUAL HEALER
MASTER : BADRA
COME TO KNOW YOUR PAST, PRESENT, FUTURE
* MARRIAGE PROBLEMS
* HEALTH & SICKNESS
* HUSBAND & WIFE
* CHILDREN BAD HABITS
* JOB & EDUCATION
* BUSINESS PROBLEM
* HOUSE PROTECTION
* LOVE & RELATIONSHIP
* ANY TYPE OF PROB.

GIVE ME 1 CHANCE I WILL MAKE YOUR LIFE BEAUTIFUL
100% REMOVAL OF BLACK MAGIC, EVIL SPIRIT, NEGATIVE ENERGY & GIVE YOU LIFE PROTECTION
Call : **646-436-5544**
2910 1A, Glenwood Road
Flatbush Avenue, Brooklyn, NY. 11210
(Private House) 100% Guarantee Results

PSYCHICS



MR SERINE
Spiritual Healer & Coach
Specialized in all kind of Love Situation
Remove all kind of black magic, Witchcraft, Evil Spirits, Curse & Depression
We restore luck, jobs, position, impotence, sexual desires, court case & more...
Destroy enemies & offer protection
100% Guaranteed result in 7 days!
CALL 718-200-8126
www.benmedium.com

ITEMS WANTED

Absolute Yes! SAME DAY
!CASH PAID!
One Touch Ultra.100, Freestyle Lite 100, Contour 100, Contour Next 100, Accu Chek 100
888-415-0796 instant! for Diabetic Test Strips
224 w 116 st, B, C, 2, 3 trains
NEW HOURS TH, 2-6:30 / M-F, 2-4PM

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

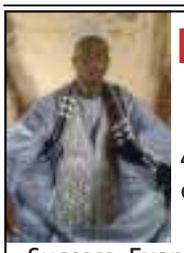
PSYCHICS

INDIAN ASTROLOGER & PSYCHIC READER
MOST POWERFUL PANDIT - VIKRAM RAJ
ONE CALL, ONE VISIT WILL CHANGE YOUR LIFE
SPECIALIZED IN : BRINGING LOVED ONES BACK, EVEN HOPELESS CASE
Expert in Removing BLACK MAGIC, Bad Luck, Voodoo, Obeah, Witchcraft, & Evil Spirits
100% GUARANTEED RESULTS
VIKRAM RAJ IS AN EXPERT IN REMOVING PROBLEMS LIKE
* BUSINESS * STOP DIVORCE * CHILDREN MISTAKES
* BAD LUCK * WORK PROBLEM * COURT CASES
* BLACK MAGIC * FINANCIAL PROBLEM * CHILDLESS COUPLES
* REUNITE LOVERS * HUSBAND & WIFE PRO. * SEXUAL PROBLEMS
CALL FOR APPOINTMENT PRIVATE & CONFIDENTIAL
347-279-7360
104-14, 118st, S. Richmond Hill, NY - 11419
(Private House)

PSYCHICS

WORLD FAMOUS INDIAN ASTROLOGER & SPIRITUAL HEALER
PANDITH : SAI GANESH
PALM READING * FACE READING * HOROSCOPE
IF YOU HAVE TROUBLES, I HAVE SOLUTIONS
100% REMOVAL OF BLACK MAGIC BAD LUCK
EVIL SPIRITS IN 24 HRS & GIVES HOLY SPIRIT PROTECTION
LOVE * FAMILY * CHILDREN PROBLEMS * HEALTH
* JOB * MONEY * LUCK * BIRTH STONES * DEPRESSION
* ENEMY * SEXUAL PROBLEM * COURT CASES * ETC..
SPECIALIZED IN BRINGING LOVED ONES BACK
100% GUARANTEED RESULTS
Call for Appointment: 8 AM to 9 PM
PRIVATE & CONFIDENTIAL
929-485-9011
104-12 115th St., Liberty Ave, South Richmond Hill NY 11419 (Private House)

PSYCHICS


Mr. SAIDOU
International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.
Call 516-206-8543 and 646-339-9948
132nd Street, 7th Ave., Manhattan, NY

JOBS

General Help Wanted

TOPVIEW SIGHTSEEING * NEW YORK
Street Ticket Sellers Needed

* Up to 50% Commission
* Flexible Schedule
* Part Time and Full Time Available
* Daily and Weekly Pay
* Weekly and Monthly Bonus*
* Average Weekly Pay $1,500
Open House: Mon-Fri 11am
2 E 42nd St, New York, NY 10017
Call today (646) 453-6764
* restrictions apply

JOBS

General Help Wanted

TOPVIEW SIGHTSEEING * NEW YORK
Bus Drivers Wanted
* Sign-On Bonus $1,000!*
* Monthly Safety Incentives $100/month!*
* Annual Safety Incentives $500!*
* Health Insurance * Sick Days * Paid Time Off
Requirements:
* Valid CDL Class A or B with Passenger Endorsement
* Valid Medical Examiner's Certificate
* One Year Commercial Driving Experience
Open House: Mon-Fri 11am
2 E 42nd St, New York, NY 10017
Call today (646) 453-4121

Also hiring
* Diesel Mechanics
* Diesel Technicians

*Terms and Conditions May Apply

VRC
HEALTH ADVOCATES FOR OLDER PEOPLE
Volunteering is Ageless
Learn why organizations want you and how to get started!
Volunteers of All Ages Needed
Thursday, May 9, 2019
2:30—4:00pm
Rutgers Presbyterian Church
236 West 73rd Street
Subways: 1, 2, 3 to 72nd St
Bus: M72 to Broadway
Admission is FREE!
Light Refreshments
RSVP to reserve your place
212 889-4805 or volunteer-referral.org

HOME HELPER WANTED
HHA FOR GREATER PAY!
Without HHA? You can still help elderly friends & family members for great pay!
646-799-6062
212-564-3882 | 646-832-7647
or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

NOW HIRING!
Apply online: myrepublicbank.com/careers
REPUBLIC BANK
Member FDIC

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

GAMES

metro.us/crossword

Powered by Arkadium

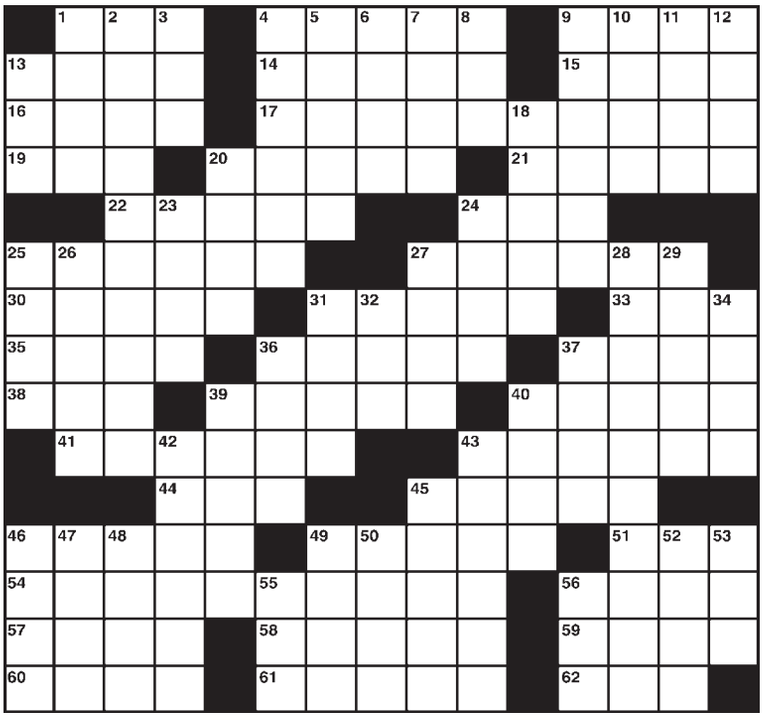
Check your answers at metro.us/games

ACROSS

1 Flower-to-be
4 Nonconformist
9 TV's "__ the Boss?"
13 __ off; repel
14 Banishment
15 "__ today, gone tomorrow"
16 Keep __ on; watch closely
17 Common cause of food-borne illness
19 __ to; because of
20 Ridicules
21 Williams & Griffith
22 Slanted
24 Facial twitch
25 Chide
27 Joan or Melissa
30 Modify
31 In the __ of life; at one's peak
33 Chicken __ king
35 Curved bones
36 Highways
37 Goulash
38 Org. for Rams & Raiders
39 Soft creamy candy
40 Fonda, Falk or Finch
41 Longs
43 Century 21 or RE/MAX
44 Pugs or pointer
45 "__ makes waste"
46 Flower stalks
49 Hair braid
51 Endeavor
54 Disloyal to one's nation
56 On the house
57 Boot out of office
58 One's strong point
59 Boys
60 Moistens
61 __ up; tallied
62 Walk-__; some NYC apartments

DOWN

1 Actor Bridges
2 Too much to tolerate
3 Dentist's letters
4 Install new shoe bottoms
5 Precise
6 Cheat out of something
7 Rapidly growing trees
8 Name for 13 popes
9 From what place
10 __ up; delayed
11 Busy French airport
12 Black & Baltic
13 Floral wire service
18 Unsuspecting
20 Hand protector
23 Military bugle call
24 McGraw & Allen
25 Horse shelter
26 Enlighten; uplift
27 "Ticket to __"; Beatles song
28 Rickety old car
29 Winter forecast
31 Snow peas & okra
32 Cleaning cloth
34 Twisted; askew
36 Ladder piece
37 Chair or stool
39 Work on a cake
40 Pain in the neck
42 Fesses up
43 Elevated
45 Terre __, IN
46 Store away
47 Tried and __; trustworthy
48 Vane direction
49 Nudge
50 "The __ is my shepherd..." (Ps. 23)
52 Skelton & Barber
53 Affirmative
55 One __ kind; unique thing
56 Reason to take Mucinex



BY TCA

metro.us/wordsearch

O	O	R	A	S	E	A	C	G	N
H	L	Y	E	N	O	O	L	C	O
D	E	S	C	E	N	D	A	N	T
F	A	N	T	A	S	T	I	C	Y
G	H	P	E	S	S	D	Z	U	A
O	C	M	G	I	E	M	R	C	L
A	I	A	R	S	R	I	H	I	C
T	M	R	O	F	B	K	A	K	A
S	O	C	E	N	O	E	I	T	J
M	T	H	G	J	F	X	L	P	M

Air
Caesar
Clayton
Clooney
Descendant
Fantastic
George
Goats
Hail
Ides
March
Michael
Mike
Morris
Mr. Fox

metro.us/wander

Category: Singer

E	N	A	N
H	D	R	O
O	C	L	E

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

			1		3	9		5
3		8						
	7	5	4			1		
		7	8				3	
	5	3				8	2	
	6				4	7		
		6			2	5	1	
						2		6
1		4	5		6			

Yesterday's Answers

R	U	T	H			A	L	P	S		S	H	O	P
A	P	H	I	D		L	O	A	N		L	A	N	E
H	O	R	S	E		I	G	N	O	R	A	N	C	E
S	N	O		B	O	A			W	O	N	D	E	R
			M	E	A	L	S			B	A	T		
R	E	B	A	T	E			P	A	R	S	O	N	
A	R	O	S	E		G	I	R	L	S		P	I	G
M	O	S	T		R	E	N	A	L		P	E	E	L
P	S	I		P	E	R	K	Y		H	E	N	C	E
	E	S	T	E	E	M			T	E	E	H	E	E
			W	A	N			P	O	L	K	A		
S	T	R	I	C	T			E	W	E		N	B	A
L	O	O	S	E	E	N	D	S		N	A	D	I	R
A	B	U	T		R	O	O	K		A	G	E	N	T
M	E	T	S		S	T	A	Y			O	D	D	S

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, Suite 220 New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **U.S. Publisher** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor** Morgan Rousseau, morgan@metro.us • **News Editor** Jeff Tomko, jeff.tomko@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Joseph Pantorno, joseph.pantorno@metro.us • **Features Editor** Pat King, Patrick.King@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

A PROUD LEGACY OF SERVING NYC

DOC Celebrates National Correctional Officers And Employees Week

NEW YORK'S
BOLDEST